

When Sophie Gets Angry – Really, Really Angry – Reading Guide

Author/Illustrator: Molly Bang

Themes: mindfulness, anger management, forgiveness

Lesson/Notes: Not recommended for children with a tendency to run away. Reinforce that Sophie did not leave the family farm/ big backyard. This book indirectly teaches the grounding effects of mindfulness. Sophie leaves the house angry, spends time in nature, and returns home to her family.

Discussion Questions

- *Why was Sophie angry?*
- *What helped Sophie feel better? (walked away, climbed tree, felt breeze, painted, etc. It's okay to walk away when you're angry. Talk with guardian about a safe place to go for a break like your bedroom or backyard.)*
- *What helps you feel calm?*
- *Did Sophie forgive her family? (Yes, she was able to calm down and think more clearly. Sophie returned to the house and spent time with her family.)*

Activity: Super Senses

Supplies: attached mindfulness worksheet, writing utensil, items to taste and smell

- Guide child to turn on his/her “super senses” and become more aware of surroundings. Child can document observations in the chart by drawing or writing them in the boxes.
 - Encourage child to notice details. For example, if child “sees” the table, ask “What do you notice about the table?” (color, shape, size, etc.)
- Child may need help finding items to smell (lotion, playdoh) or taste (water fountain, piece of candy or gum).
- The worksheet can be laminated and written on with dry erase marker for re-use.



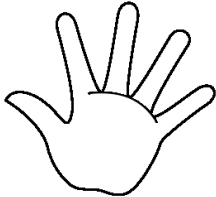
Super Senses



See



Smell



Feel



Taste



Hear